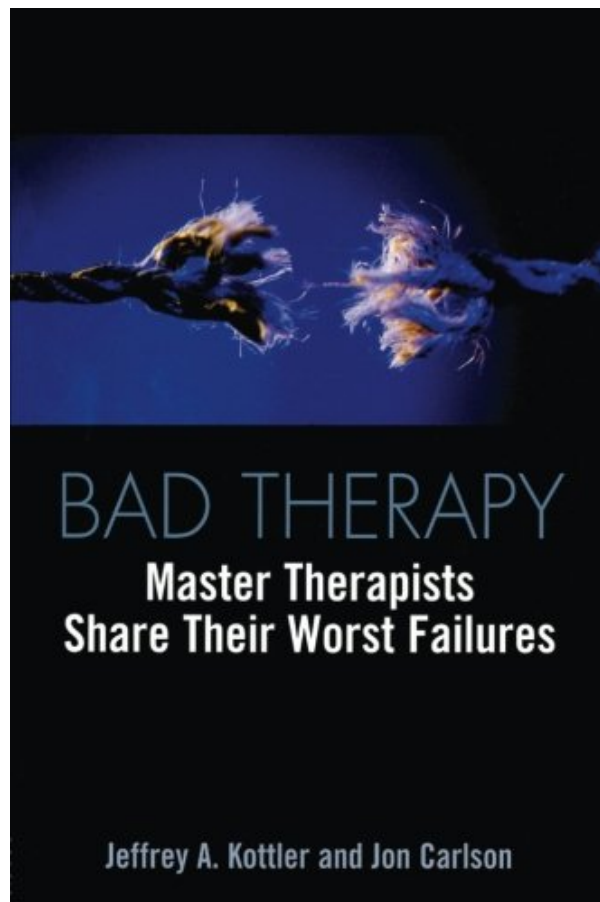
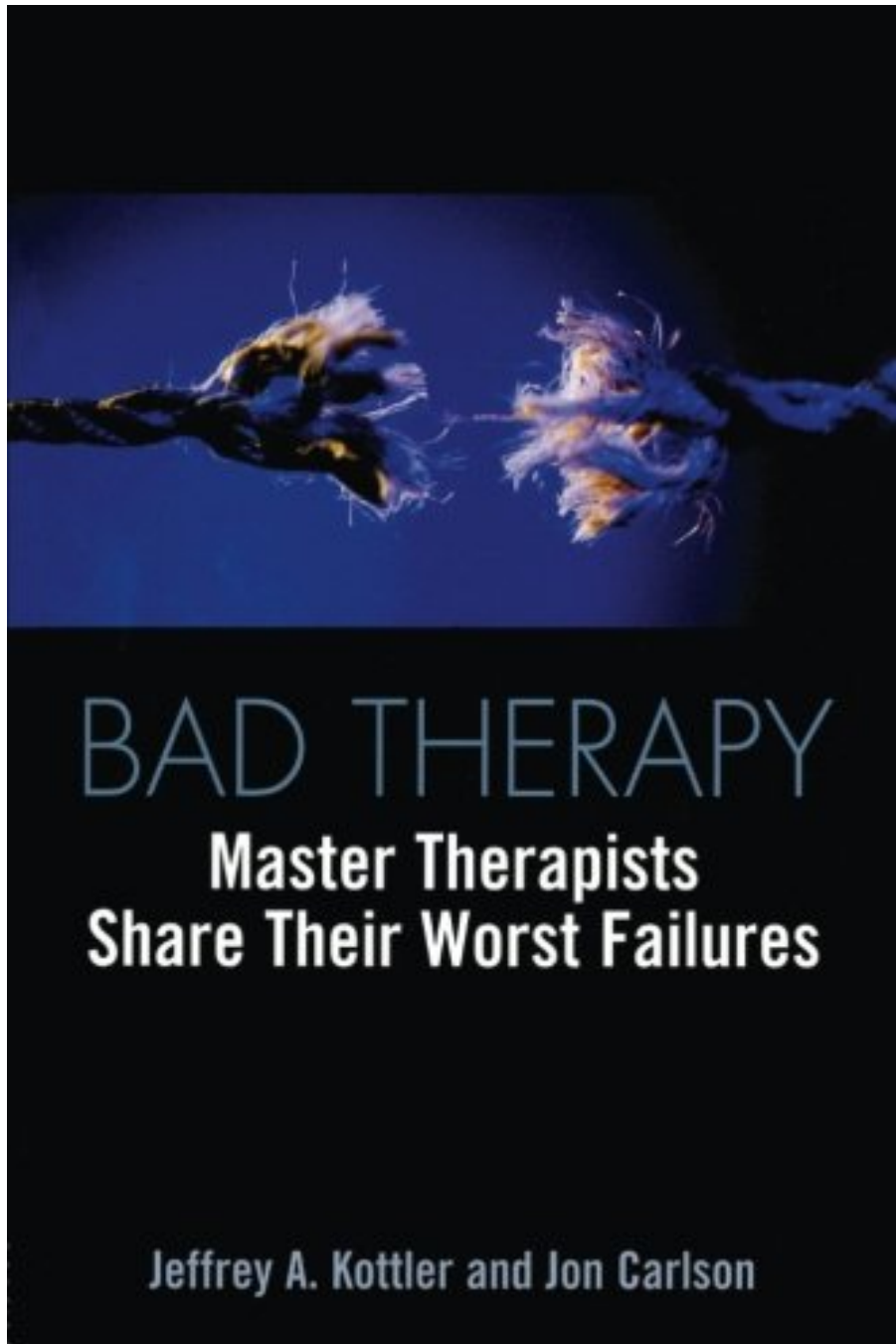


**BAD THERAPY: MASTER THERAPISTS
SHARE THEIR WORST FAILURES BY
JEFFREY A. KOTTLER, JON CARLSON**



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Review

..."I believe that all psychotherapists would benefit from this book, regardless of level of experience. Graduate students would benefit as well because it is never too early to learn from the mistakes of others. The authors and contributors are more than credible authorities in the field. They are the experts, the movers and shakers in the field of psychotherapy research and practice...The book is simply delightful. The contributors, well-known experts in the field, are very candid and it is obvious that they have reflected on and learned from their mistakes. It is very readable and enjoyable. I found myself not being able to put it down. It is a book that you can easily learn from and I believe it should be required reading for courses in psychotherapy.."

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Bad Therapy offers a rare glimpse into the hearts and mind's of the profession's most famous authors, thinkers, and leaders when things aren't going so well. Jeffrey Kottler and Jon Carlson, who include their own therapy mishaps, interview twenty of the world's most famous practitioners who discuss their mistakes, misjudgements, and miscalculations on working with clients. Told through narratives, the failures are related with candor to expose the human side of leading therapists. Each therapist shares with regrets, what they learned from the experience, what others can learn from their mistakes, and the benefits of speaking openly about bad therapy.

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Most helpful customer reviews

12 of 16 people found the following review helpful.

Excellent Info

By amh277

This book offers the much needed assurance that as counselors, we are not alone in our work. Try as we might, we are fallible as are all human beings. The recognition that even some of the biggest names in psychotherapy have had "bad" sessions, allows for others to feel more comfortable in their own work.

9 of 11 people found the following review helpful.

We all make mistakes

By Deb

A series of short chapters where master therapists share their goofs, this book can offer some relief to "real life" therapists. Predictably, a main theme of the book was it's not about the mistakes, but about what you can learn from them.

I felt that this book did not match up to the captivating and enthralling content and style of other three similar books by Kottler and Carlson. Perhaps the reason for the dryer nature of this book was (as Kottler and Carlson also pointed out) that it was difficult for the therapists interviewed to speak candidly about their perceived therapeutic failures. As a result, the therapists in these stories seemed to be much more detached and expert-like than in the other books where they seemed human, genuine, and real. But, I suppose this shows that even therapists struggle with self-acceptance when confronting personal issues. (Perhaps that's the real message of this book!) :)

3 of 3 people found the following review helpful.

Interestiong

By David J. Powell

If only we could admit our mistakes, as a country and as therapists. The leaders in the field are bold and vulnerable enough to do so in this compendium. Not all the writers are worthy of the book, but the complete compilation is worth your time and review. Now if we can get counselors, therapists and supervisors to speak about our mistakes in clinical supervision, our patients might actually get well and we might have to start giving rebates back for the days in therapy we were really off target.

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